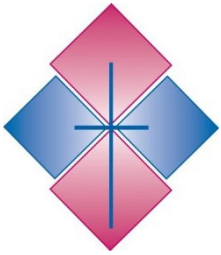




Attending the Spiritual, Physical & Psychosocial Needs of Elder Religious

SISTER PAULA COONEY, IHM

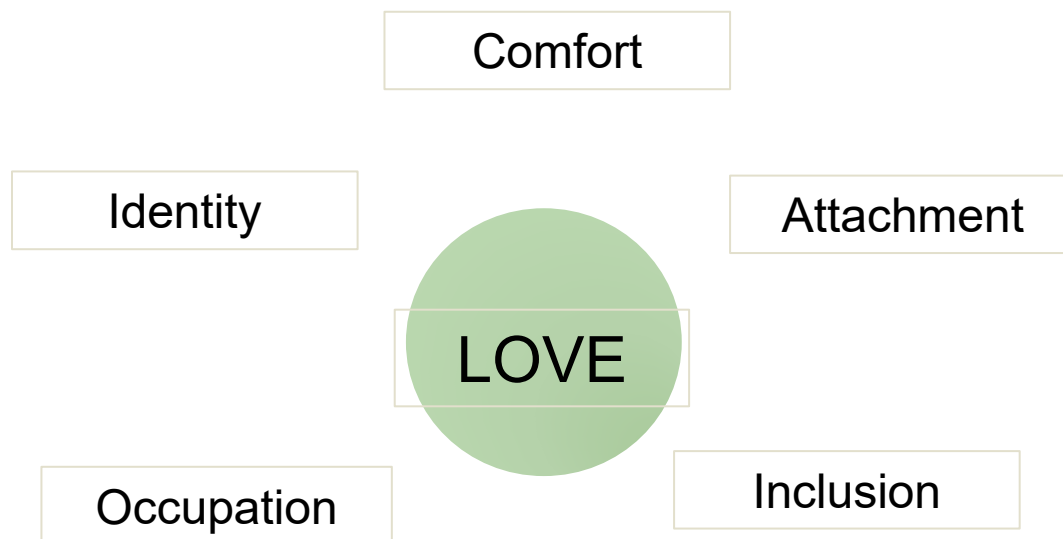


Content

- ❖ **An overview of the basic needs of every person**
- ❖ **Some specific ways that those needs are expressed and met in women and men religious in their elder years**
- ❖ **Questions to keep in mind**



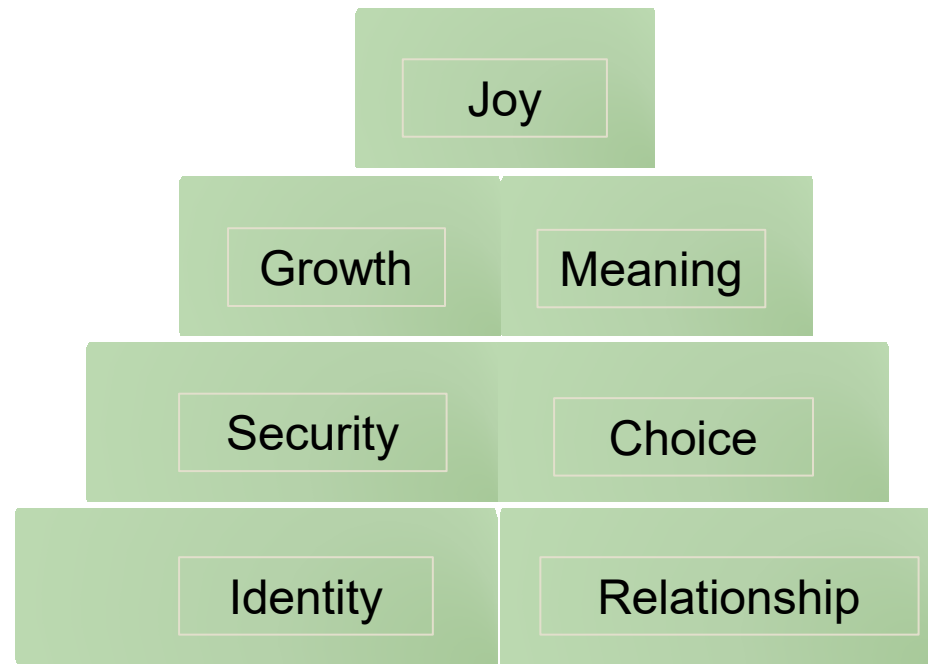
Fundamental Psychological Needs of Every Person



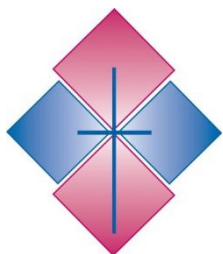
T. Kitwood



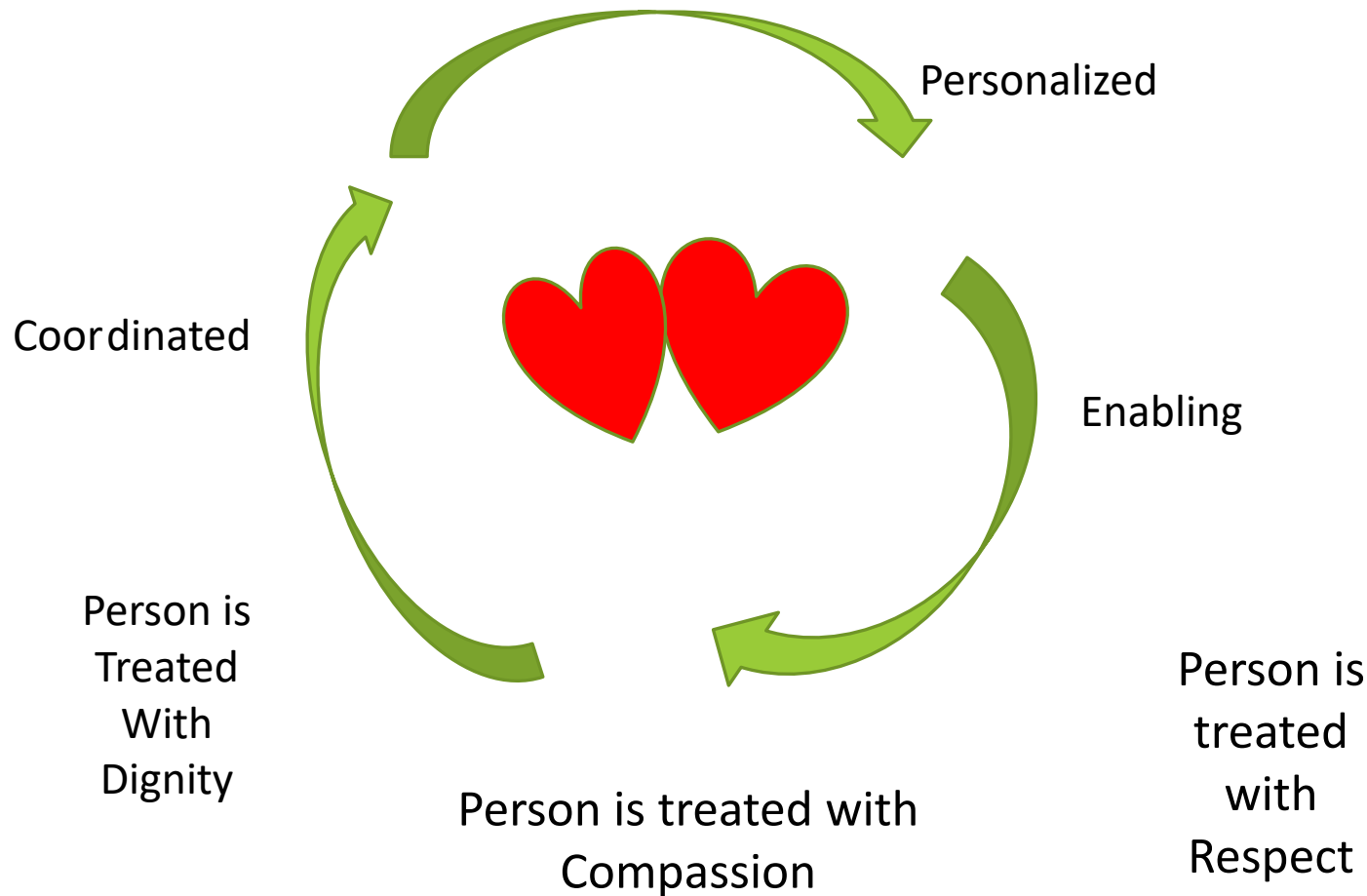
Hierarchy of Meaning

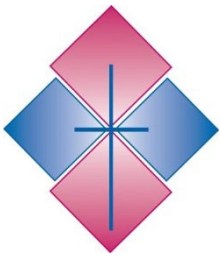


G. Allen Power, MD

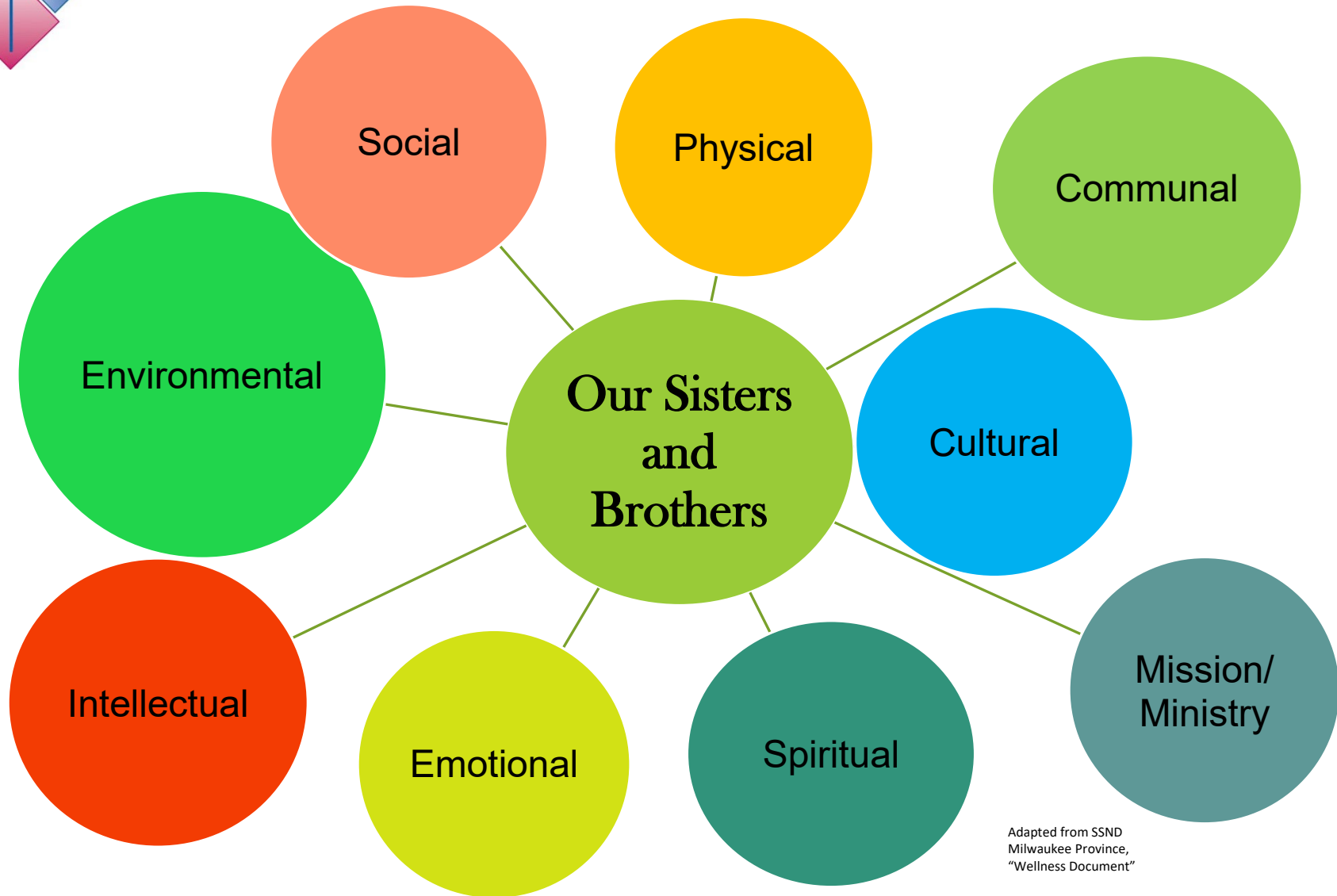


Principles of Person-Centered Care





Dimensions of Wellness



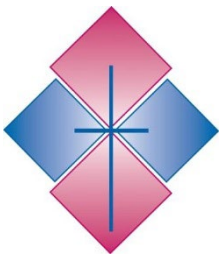
Adapted from SSND
Milwaukee Province,
"Wellness Document"



Companionship of Empowerment

Sharing power with rather than exerting power over.

Companionship – mutuality – respect for diversity.



Questions to keep in mind...

- ❖ Have you claimed your philosophy of care, a spirituality of aging, of dying and death, of care-giving? Where are the members of your community in understanding them with you?
- ❖ Are there qualified and educated care companions who understand and embrace your philosophy of care?
- ❖ What is possible?



A Prayer For My Elder Years

Let me cherish my elder years.

Let me witness to wisdom.

Let me live fully, not simply endure.

Let me risk, not merely resign.

Let me witness to letting go, not giving up.

Let me express pride in the way my body marks this gift of a long life.

Let me acknowledge my body's limitations and learn to deal with them creatively and interdependently.



Let me grace these years with a balance of reflection and activity.

Let me preserve my dignity and sense of self-worth even in dependency.

Let me use the gift of years to forgive the hurts of life.

Let me show that through suffering and loss special blessings come.

Let me continue to hold the needs of God's family in my heart.

Let me walk peacefully in hope toward New Life.